

## Baked Steak w/Mushrooms - Yankton10

Number of Servings: 10 (175.86 g per serving)

Amount	Measure	Ingredient
2 1/2	lb	Beef, flank steak, lean, raw, 0" trim
6 1/2	Tbs	Flour, all purpose, white, bleached, enrich
3/4	tsp	Salt, table, iodized
3/4	tsp	Spice, onion, pwd
5/8	tsp	Spice, pepper, black, ground
2.00	cup	Water, tap, municipal
3 1/4	oz	Mushrooms, cnd, drnd, slices

### Nutrients per serving

Nutrition Facts	
Serving Size (176g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 280mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Cut steak into 4 pieces/# or approximately 4 oz each raw.

Mix flour, salt, onion powder, & pepper together.

Spray fry pan with nonstick spray and turn on medium high heat. Dip each piece of steak in flour mixture to coat. Place in fry pan. When browned on one side turn over to brown on the other side. As each piece is browned place it in baking pan, layering 2-3 deep if necessary. After all meat is browned and in baking or steam table pans, add the water to the rest of the flour and pour into pan in which you browned the meat to make a thin brown gravy with the drippings. Bring to a boil and add the drained mushrooms. Pour "gravy" over the browned meat in the baking pan(s). Cover tightly with foil and bake at 350 until tender 1-3 hours. The amount of time will depend upon the cut of beef steak you have chosen and how many layers you have in the pan.

1 serving = 1 piece steak w/mushrooms & approx 2 T "gravy" = 0 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 165 F until tender.

#### Holding :

- Hold for hot service at an internal temperature of 165 F or higher.

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### Notes

Any kind of lean steak may be purchased for this recipe, ie, sirloin, round, cubed, etc.

Amount of onion powder may be increased or decreased depending upon likes of participants

Garlic powder may also be added as desired.

Wt for mushrooms is the canned weight before being drained. Less can be used to decrease cost.